

Accent on Health Chiropractic & Massage Center 304-738-0500

An "Accent on Health" Report Offered To Improve Your Well-Being

Dr David A. Bohn

359 National Hwy, 2nd Floor
LaVale MD 21502
301-777-3710

This Report Contains Natural Drug Free Methods That May Stop Your Headaches For Ever! Find Out What Most MD's Don't Know About The Hidden Cause Of Many Headaches...You'll Be Shocked and Then Relieved When You Discover What Really May Be Causing YOUR HEADACHES and How Chiropractic May Help!

Dear Friend:

Thanks for requesting and reading this report. I enjoyed putting it together and I hope that you find it useful. I would like you to know that I have successfully helped many headache sufferers fully recover from pain, sometimes it was severe headache or migraine pain that had been present for years. If you asked for this report for yourself then perhaps we have already discussed your headaches or maybe you got this report because someone really cares about you and is concerned about your health and well-being.

It really doesn't matter whether you have been suffering with headaches for years or they are a recent development in your life. If you have been missing out on living or doing the things you enjoy because of frequent headaches then I want you to know that there is hope with chiropractic.

I understand your frustration from the changes in daily life that frequent headaches cause. As a chiropractic doctor I also know how to diagnose, treat and quickly relieve headache and neck pain, restore your function and get you back to doing the things you love and need to do as quickly as possible. I not only enjoy treating people with neck and headache pain I excel at it and truly enjoy helping others return to a pain free life. Perhaps I can provide the solution for you, anyway, if your want to know more, just keep reading...

First of All...

There is Absolutely No Such Thing As a “Normal” Headache...Headaches Are DANGEROUS WARNING SIGNALS that should not be ignored or covered up with pain killing medications!

It seem like most people I have examined during my chiropractic training and years of clinical of practice who were suffering from cluster, tension, even migraine headaches, had a history of taking powerful prescription medications for weeks, months, even years. These medications must either have not worked well or it must not have been getting to the root cause of their headaches because even though they took their medications their pain would always return and their suffering continued year after year. Over these years of headache pain their whole body was being subjected to dangerous prescription medications and the toxic build up from the over-the-counter drugs and potions that at best would only cover up their headache pain at the expense of their stomach lining, the risk of kidney or liver failure, and a decline in their overall physical, mental and emotional health. I noticed these unfortunate people had tried everything but chiropractic to get rid of their headaches and only found lasting relief and the return of health after chiropractic.

What they finally realized was that the human body was never meant to be subjected to all those toxic chemicals (commonly called “medication”). True health can only be achieved when you are feeling great without relying on medication to mask your symptoms and your nervous system is functioning 100% interference free but more on that later.

Have you ever noticed...

... that older people who don't take a medicine cabinet full of drugs look and act younger and healthier? Have you ever thought that or wondered if maybe long term drug dependency might be bad for your health?

If you've been to your MD, and explained your headache symptoms, chances are they've recommended some medication and told you to do things like, cut your sugar, lower your stress, don't drink coffee, or even drink coffee to stop the headache! As much as I hate to admit it, most medical doctors don't have a clue what is likely causing your headaches!

You're not going to believe this, but your headaches may NOT be caused by a chemical imbalance, an inability to adapt to stress in your life, your boss, your spouse, your children, or a deficiency of Motrin or any other drug in your bloodstream! What I want you to know is that headaches, even the really bad ones are usually the result of an easily correctable condition that occurs when the joints in your neck become misaligned and stop moving normally causing muscle spasms. The muscles are supposed to get signals from nerves so that you can move and support your neck and head and the vertebrae are supposed to support your head and PROTECT your spinal cord and the delicate nerves that control the amount of muscle tension and blood flow in various parts of your head, neck, shoulders, forearms and arms. When these critical structures stop performed their normal function they actually begin to IRRITATE the delicate spinal nerves and pain sensitive soft tissue structures in the neck causing a type of headache that medication and drugs cannot cure!

The good news is that a simple headache evaluation maybe all you need to determine if you've been suffering from this hidden condition and if you are, you're maybe days or only weeks away from ending your headaches once and for all, safe and naturally without drugs!

In the study Behavioral and Physical Treatments for Tension-type and Cervicogenic Headache chiropractic treatment is buoyed by substantial evidence as to its efficacy in the management of both tension-type and cervicogenic migraine type headaches:

- Compared to the commonly used prescription drug amitriptyline, chiropractic produces markedly superior results in the long-term for tension-type headache.
- Compared to various soft tissue procedures, a course of chiropractic adjustments produced sustained improvement in headache frequency and severity in the treatment of cervicogenic headache.

The study clearly positions chiropractic as a viable treatment alternative that lacks the detrimental and sometimes fatal side effects of conventional (medical) treatment options for managing tension and cervicogenic headache patients.

When compared to other physical treatment methods including physical therapy, acupuncture, and electrical stimulation, the evidence supporting chiropractic appears to be more robust.

Just Imagine How Good Life Would Be Without Your Headache! I know that this is probably the first time you've taken action to actually learn about headaches. Let's face it; we are all influenced by those slick headache commercials selling headache medicine. That's why we keep our medicine cabinets, purses, and glove compartments fully stocked with the stuff. As a matter of fact, they now sell headache medication at Costco and Sam's Club in huge quantities. People go down the isles and toss a case in their shopping carts like its potato chips or a 12 pack of beer.

But do all these headache medicines actually work? I think you probably already know the answer, if the medicines really worked, I would have never had to write this report and you would not have asked for it!

Hopefully by now you're beginning to see the big picture, that popping and swallowing pills everyday because you have pain just doesn't make sense.

Headaches affect over 45 Million Americans and are literally worth billions of dollars to the drug industry. You won't hear the information in my report on the evening news because there is no money in it for big business.

The big drug companies won't discuss the real causes of headaches because they know that they sell drugs to cover up the causes, not treat the causes. That's why they don't tell you what you are about to discover. That's why I felt I had to tell you, because you will not hear this important information on Advil, Tylenol, or Excedrin commercials while watching Wheel of Fortune!

More than 90% of headaches can be classified as tension, migraine or cervicogenic (originating from the neck). Of these, the tension headache is the most common type. Symptoms of tension headaches include mild to moderate pain on both sides of the head. They are described as though there is a "tight" or "stiff" band around the head.

Migraine headaches are usually periodic, severe and/or throbbing in character. They are less common and usually affect women more often than men. Pain is usually only located on one side of the head. Migraine headaches are often accompanied by nausea and vomiting. There may also be a visual disturbance called an aura.

Cervicogenic headaches are a musculoskeletal form of a tension-type headache. They may also be related in origin to migraine-type headaches. Due to the relative newness of this classification of headaches, patients suffering from these types of headaches often go undiagnosed or misdiagnosed.

Millions of adults get headaches on a regular basis. Headaches are among the most common physical complaint for which people seek medical assistance. Medication is currently the most common method of managing headaches.

Most headaches are not due to serious underlying conditions. However, they can be debilitating and can account for large amounts of time lost from work, school or daily activities.

The most obvious concern when dealing with headaches is to get a thorough examination and an accurate diagnosis. Secondly, relief should be safe and dependable.

Chiropractic adjustments have been shown to be as effective as or even more effective in reducing the severity and frequency of headaches than traditional management of headaches. Chiropractic's ability to correct biomechanical dysfunction and spinal misalignments seems to lessen or remove the factors contributing to headache pain in many individuals.

The risk or potential side-effects concern many people when they are considering chiropractic treatment for their headache. It should be reassuring to know that in fact, chiropractic manipulation has been shown to be very safe for the treatment of headaches. Another article published in the Journal of Manipulative and Physiological Therapeutics entitled "A Risk Assessment of Cervical Manipulation vs. NSAIDs (Motrin, Tylenol, Aspirin) for the Treatment of Neck Pain", concludes that "The best evidence indicates that cervical manipulation for neck pain is much safer than the use of NSAIDs by as much a factor of several hundred times.

Recent studies link headache pain to nerve irritation in the neck. One study, conducted at the University of Maryland, found a connection between muscle tension at the base of the neck and headaches. Muscle contractions interfere with the sensitive fibers at the base of the neck that lead to the brain and spinal cord. This muscle tension often plays a contributing factor to headache pain.

Another study conducted by Dr. Wright found that the vast majority of migraine headache sufferers have misalignments of the spinal vertebrae in the neck that was placing pressure on the spinal nerves.

My remedy for headache pain is three-fold:

1. Remove pressure on the nerves caused by spinal misalignments.
2. Reduce tension in neck muscles to minimize nerve pressure due to tight muscles.
3. Restore normal posture and spinal curvature.

This strategy works for most of the headache sufferers I see, not only in my office but also in several studies I have read. One such study, conducted by the government of New Zealand found that the majority of people who suffered from spinal misalignments have their headaches relieved or their condition improved through chiropractic care. And in follow-up studies of the same patients it was found that many were still without recurring headache pain two years later.

Of course, not all headaches can be helped with chiropractic care. But, if you suffer from persistent migraine or tension type headaches you owe it to yourself to come to my office for an exam and consultation. If I can't help you I promise to tell you, and if I feel you would benefit from some other type of care I will refer you the appropriate health care professional so you can get the necessary help.

Ok this sounds good, but why would I have spinal problems in my neck?

There are many reasons. They can originally occur during the birth process, and as your body grows and matures. Also, falls, sports activities, motor vehicle accidents, bad posture or simply the stresses of daily living can cause spinal problems. It is also very common for headache sufferers to experience neck pain and stiffness.

What will you do to treat my headaches?

Your first visit will include a consultation, examination and possibly x-rays to help me diagnose your problem. Once your condition is fully understood, I will explain your exam and x-ray results and outline a treatment plan that is tailored to your needs. I will likely use highly skilled, gentle manipulations and perhaps neck traction to adjust and realign your cervical spine.

Once my headache stops, does the chiropractic care end?

Your body continues to heal after the pain has gone. Continuing to have chiropractic adjustments helps to retrain your vertebrae to hold their healthy positions just like retainers on the teeth after the braces come off. Your nervous system will function more efficiently and your body will be better able to heal itself. In time, and with exercise, a healthy diet, and periodic visits you will likely stay healthier, living pain free, and experiencing life to the fullest.

Your “Cervicoegenic Evaluation” Will Include...

1. Headache Consultation – I have a list of specific questions that will help discover the cause of your headache. This is also an opportunity for me to have a thorough understanding of your headaches and what you’ve been going through.
2. Examination – Aside from typical exams procedures like blood pressure, cranial nerve testing, reflexes, and vital signs, you will also receive a multi-plane head and neck range of motion study, palpatory examination, and specific orthopedic and neurological tests.
3. Computerized Postural Testing – Our office is one of the few, if not only office that has a computerized postural analysis instrument. The test is an important test. This painless procedure determines if there is an abnormal stress load on the muscles that support your head, and helps us discover where your problem is located.
4. “Anterior – Posterior & Lateral Neck X-Rays” – If after the consultation, examination, and postural analysis, it is found that x-rays are needed of the bones, disc spaces, and soft tissue of the neck, they will be taken on this visit. ...In order to get a good view of all the supporting structures, at least 2 views will be taken, one from the front, one from the side of your neck.

The good news is that chances are I can help you. If You Want To Feel Better, You Will Have To Do Something Different!" My practice is "different" it focuses on patients like you who suffer from neck and headache pain. I strive to relieve your pain in the shortest amount of time possible with the most advanced natural method available.

I try at all costs to avoid lengthy treatment plans by putting our patients on a customized treatment plan using home traction and exercises so you will progress as quickly as possible. I believe that is one reason why my office was rated the "Best Chiropractic Office in The Tri-State Area" with a 99.5% patient satisfaction rating in our recent satisfaction survey!

Please Don't Settle For:

"You'll Just Have to Learn to Live With It!"

If you have heard your doctor say something like this after the pain killing drugs didn't work it is a sure sign that your current doctor may not be the person to talk to if you really want to safely get out of pain fast!

Dr. David Bohn, Director
Accent on Health Chiropractic Center
Route 28, Ridgeley, WV

www.accentonhealth.org

I'm Tired of Pain So What Do I Do Next?"

Don't Wait Another Day, Call Me Today to Schedule Visit and Take the
First Step to a Pain Free Life!

My patients speak!...

"I've never had Chiropractic Care before, but since I've had it personally, all I can say is "What took me so long to have this treatment!" - John Zehala

"Dr. Bohn is very friendly and gentle" - Carol Abernathy

"Friendly service, concern for patients' health, very real, not obligated, and I obtained the treatment I needed" - Ben Flanagan

I appreciate the time you have spent reading this report and wish you only the best in health and wellness!

Sincerely,
Dr. David A. Bohn

Thank You!